




Aventura City of Excellence School Lunch Menu AUGUST 2019



Monday	Tuesday	Wednesday	Thursday	Friday
August 19 **Early Release** Kosher  Turkey sub Multigrain Chips Fresh Apple Water	August 20 Mac & Cheese OR Whole Wheat Tuna Sub Whole Wheat Bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	August 21 Chili Beef Or whole wheat Salami sub White Rice Mixed veggie or Side salad Pineapple Chunks Low Fat & Fat Free Milk	August 22 Oven-Baked Fish Sticks OR Whole Wheat Turkey Sub Roasted Potatoes Peas and Carrots or Side Salad Fruit Cocktail Low Fat & Fat Free Milk	August 23 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
August 26 Meatballs Marinara OR Whole Wheat BMT Combo Sub White Rice Green beans or Side Salad Sliced Peaches Low Fat & Fat Free Milk	August 27 Pizza Cheese Bagel or Whole Wheat BMT Sub Tater tots Mixed Veggies or side salad Slices Peaches Low Fat & Fat Free Milk	August 28 Arroz con pollo Sweet Plantain OR Tuna Salad Sandwich Steamed Carrots or Side Salad Sliced Pears/Fortune Cookie Low Fat & Fat Free Milk	August 29 Elbow pasta with pink sauce or Wheat Tuna Sub Garlic bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	August 30 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
September 2 Baked Chicken Pattie Sandwich OR Whole Wheat CC Combo Sub WGR Chips Corn or Side Salad Pineapple Chunks Low Fat & Fat Free Milk	September 3 Baked Ziti OR Whole Wheat Tuna Sub Whole Wheat Roll Steamed Carrots or Side Salad Sliced Pears Low Fat & Fat Free Milk	September 4 Chicken Peppers Strips or Whole Wheat CC Combo Sub Rice Black Beans or Side Salad Sliced Pears Low Fat & Fat Free Milk	September 5 WGR Spiral Pasta with Alfredo Cheese Sauce OR Whole Wheat Tuna Salad Sandwich Garlic Bread Peas and Carrots or Side Salad Fresh Apple Slices Low Fat & Fat Free Milk	September 6 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
September 9 Chicken Sautee or Whole Wheat CC Combo Sub White Rice Mixed Veggie or Side Salad Sliced Pears Low Fat & Fat Free Milk	September 10 Whole Wheat Toasted Cheese Sandwich OR Tuna Salad Sandwich Baked Veggie Chips Chick peas OR Side Salad Sliced Pears Low Fat & Fat Free Milk	September 11 Meatballs Marinara OR Whole Wheat BMT Combo Sub White Rice Mixed Veggies or Side Salad Sliced Peaches Low Fat & Fat Free Milk	September 12 Oven-Baked Fish Sticks OR Whole Wheat Turkey Sub Roasted Potatoes Peas and Carrots or Side Salad Fruit Cocktail Low Fat & Fat Free Milk	September 13 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
September 16 Beef -a-Roni OR BMT Combo Sub Garlic Bread Peas Orange wedged Low Fat & Fat Free Milk	September 17 Spaghetti Parmesan Wheat Tuna Sub Whole Wheat Bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	September 18 Chicken Hot Dogs on Whole Wheat Bun OR Turkey Sub WGR Chips Baked Beans or Side salad Tropical Fruit Low Fat & Fat Free Milk	September 19 Mac & Cheese OR Whole Wheat Tuna Sub Whole Wheat Bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	September 20 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk
September 23 Chicken Fried Rice Sweet Plantain OR Tuna Salad Sandwich Steamed Edamame OR Side Salad Sliced Pears/Fortune Cookie Low Fat & Fat Free Milk	September 24 Elbow pasta with pink sauce or Wheat Tuna Sub Garlic bread Peas & Carrots or Side Salad Sliced Peaches Low Fat & Fat Free Milk	September 25 Ground Beef OR Whole Wheat BMT Combo Sub White Rice Mixed Veggies or Side Salad Sliced Peaches Low Fat & Fat Free Milk	September 26 Baked Ziti OR Whole Wheat Tuna Sub Whole Wheat Roll Steamed Carrots or Side Salad Sliced Pears Low Fat & Fat Free Milk	September 27 WGR Cheese Pizza OR Whole Wheat Tuna Sub Baby Carrots OR Side Salad Fruit Cocktail Low Fat & Fat Free Milk

September 30 TEACHER PLANNING DAY (NO SCHOOL)

LUNCH PRICE \$3.90 DAILY

Side Salad consist of lettuce, Tomatoes & Cucumbers A-la-Cart: Hard Boiled Egg \$0.50; Portion cup of Tuna Salad \$0.50; An Alternative Protein Choice Will Be Offered Every Day Except on Early Release Days; The Salad Bar is an alternative meal to the daily lunch being offered. Salad Bar consists of the following items: Lettuce, Tomato, Cucumbers, Carrot Sticks, Celery Sticks, Hard Boiled Eggs, Tuna Salad and a slice of Whole Wheat Bread.

